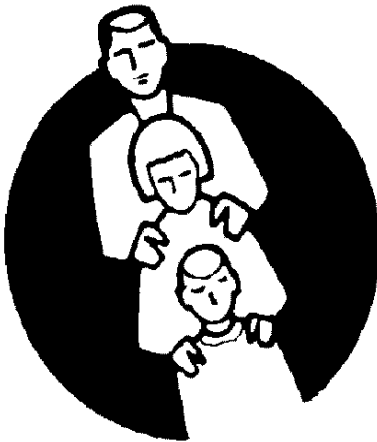


## Breakfast Consumption of 9<sup>th</sup> Graders

In a study of over 500 9<sup>th</sup> grade students, they perceived fast food as being more convenient than fruits, vegetables, and breakfast cereals, and breakfast cereals as more expensive. A recent study concluded that not only were the fast-food breakfasts significantly more expensive, but they were also less nutritious than “Ready To Eat” (RTE) cereals or other breakfasts. The fast-food breakfasts yielded more energy with 40% coming from fat and 13% from saturated fat. In contrast, the other and RTE cereal breakfasts were significantly lower in fat and saturated fat, as well as higher in fiber, protein, and carbohydrate. Research has shown that 96% of 10 year-old children who ate RTE cereals also consumed an item from the milk group whereas only 83 of the non-cereal eaters consumed a dairy product. Results from this study show that teens consuming a RTE cereal breakfast were obtaining more vitamins and minerals from their dollar than those who didn’t.

*Source: JADA, February, 2002*

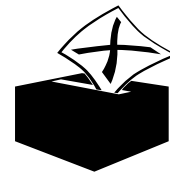
### The Epidemic of Obesity: Personal Choice or Environmental Consequence?



View this national live satellite broadcast on June 7, 2002 from 2-3pm Eastern Daylight Time. For more information, visit:  
< [www.PublicHealthGrandRounds.unc.edu](http://www.PublicHealthGrandRounds.unc.edu) >.

### Nutrition: Part of the State Curricula?

NFSMI conducted a survey of state agencies to determine if nutrition principles or standards are integrated into state curricula, standards, or policies. To receive a copy of this document, contact Beth Foland at [efoland@doe.state.in.us](mailto:efoland@doe.state.in.us). It is expected to be available on the USDA Food and Nutrition Service Web site at a future date.



## Here's The Latest.....

### The Internal Revenue Gives Deduction for Weight Loss

Taxpayers (under a doctor's care) who have undergone weight loss as part of treatment for other diseases, may now receive a tax deduction strictly for weight loss. In April of this year, the IRS determined that obesity is indeed a disease and issued Revenue Ruling 2002-19 which allows taxpayers to deduct the cost of weight loss programs as medical expenses from their adjusted gross income. This applies only if a physician diagnoses the individual as obese.

*Source: JADA, May, 2002*